

# More About Diabetes

## Signs of diabetes

The first **symptoms**, or signs, of Type 1 diabetes are feeling very thirsty and having to use the bathroom more. This happens because the body is trying to get rid of the extra glucose in the blood.

- Other symptoms might include:
- sudden loss of weight
- being really tired
- a change in vision
- fruity-smelling breath

## Playing sports

People once believed that people with diabetes were fragile and couldn't be athletic. Today we know that physical activity actually lowers blood sugar and helps people control their glucose levels.



## Science to the rescue

Researchers work every day to find a cure for diabetes. One area they're studying is the genes that may be involved.

Scientists are also making it easier to manage diabetes. Insulin pumps and blood glucose meters can communicate wirelessly, much like computers, to help people keep track of glucose levels and give the correct dosages of insulin.

## Type 2 diabetes

Type 2 diabetes is much more common than Type 1. It has been called "adult-onset" diabetes, but kids are getting Type 2 diabetes more and more.

This type works a little bit differently than Type 1. Instead of the insulin cells being attacked, the body either doesn't make enough, or it doesn't use insulin as well as the body of a person without diabetes.

Many people can control Type 2 diabetes by choosing healthier foods and exercising more. Others have to take medicines to control their blood glucose.

**The Mini Page thanks Dr. Robert Goldstein, chief scientific officer of Juvenile Diabetes Research Foundation, for help with this issue.**

## Diabetes isn't picky

One of the most important things to remember about diabetes is that it can affect any type of person at any time of life. The disease can cause other serious health problems, but people who have it can reduce their risk of these by controlling their blood glucose well.

Eating right and exercising regularly also help people with diabetes — and all of us — stay healthy.



**Kids with diabetes look and act just like other kids.**

## Ready Resources

The Mini Page provides ideas for Web sites, books or other resources that will help you learn more about this week's topics.

### On the Web:

- <http://kids.jdrf.org>
  - [www.diabetes.org/family-link/home.jsp](http://www.diabetes.org/family-link/home.jsp)
  - <http://tracker.diabetes.org>
  - [www.bam.gov/sub\\_yourbody/yourbody\\_diabetes.html](http://www.bam.gov/sub_yourbody/yourbody_diabetes.html)
- At the library:**
- "Living With Diabetes" by Shirley Wimbish Gray
  - "Taking Diabetes to School" by Kim Gosselin



**Diabetes**

Words that remind us of diabetes are hidden in the box below. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: DIABETES, SUGAR, BLOOD, ENERGY, GLUCOSE, BODY, INSULIN, CARBOHYDRATE, PANCREAS, CELL, TYPE, METER, SYMPTOM, RESEARCH, KETONES, HOSPITAL, INJECT, STRANGE, PUMP, CANNULA, SITE, PEN, TEST.

**STAY HEALTHY WITH GOOD FOOD AND EXERCISE!**



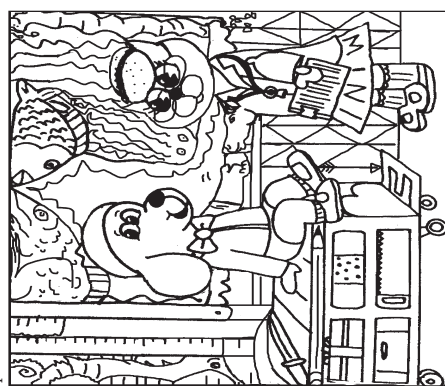
**TRY 'N FIND**

E S O C U L G L A T I P S O H  
Q A R K G T C E J N I Y U K L  
S E T E B A I D S X M D G E A  
Y R Y V S P E L M U P P E O A T L  
R C P B J E L B T W T B R O U  
I N E H L I A O K T E S T N U  
N A Z L N O M R Y G R E N E N  
G P E N L V O P C Y E T I S A  
E G Q E T A R D Y H O B R A C

## Mini Spy ...

Mini Spy is going to test Basset Brown for diabetes today. See if you can find:

- hamburger
- word MINI
- octopus
- number 8
- pencil
- gift
- bell
- sea horse
- saw
- ruler
- letter E
- toothbrush
- arrow
- heart
- fish
- catpillar
- bandage
- knife
- frog



## Rookie Cookie's Recipe Chicken Caesar Wraps

**You'll need:**

- 2 cups cooked chicken, shredded
- 2 hard-boiled eggs, chopped
- 5 tablespoons Caesar dressing
- 4 (10-inch) whole-wheat wraps
- 4 cups chopped lettuce
- 2 tablespoons grated parmesan cheese

**What to do:**

1. In a medium bowl, combine the chicken, eggs and dressing. Mix well.
2. Warm each wrap in the microwave for 20 seconds.
3. Put 1 cup of lettuce in the center of each wrap. Top evenly with the egg mixture and the cheese.
4. Tightly roll each wrap in a cylinder to serve. Serves 4.

*You will need an adult's help with this recipe.*

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## Meet Jeff Sutphen

Jeff Sutphen is the host of Nickelodeon TV's "Brain Surge." This game show for kids tests memory and concentration skills.

Jeff has produced other shows for kids, teens and adults. He produced, co-wrote and directed "The Awesome Hour," a podcast on [www.nick.com](http://www.nick.com).

Jeff and two of his friends began making home movies when they were in high school. When he was a senior, the boys filmed, starred in and edited their own cable TV show in Gloversville, N.Y.

He helped build the sets for his high school play, "Pippin." When a magician came to teach the actors some tricks, Jeff ended up loving it. He worked as a magician when he was in college.

In high school he was a Junior Olympian cross-country skier. He still participates in triathlons. He lives in Los Angeles.



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